



## **MECKLENBURG COUNTY**

### **Community Support Programs**

#### **2017-2018 Day Treatment Core Program Description**

The Performance Improvement Council (PIC) under the direction of Ginger Little prepared the 2017-2018 Day Treatment Core Program Description. This document was reviewed and approved by the PIC on July 27<sup>th</sup> 2017.

#### **PHILOSOPHY**

Community Support Services (CSS) provides periodic substance Use services in several locations in Mecklenburg County. The philosophy of the Day Treatment Program is to approach all consumers using a strengths-based framework and to provide person centered and culturally competent services. This philosophy is reflected in the agency's performance improvement plan and other management tools and guidelines. Services are provided to consumers and families based on concept that individuals and families possess unique strengths, knowledge and abilities that enable them to set goals for growth and positive change. Our staff members provide services in a fashion that empowers consumers and families to gain greater self-sufficiency.

#### **DESCRIPTION**

The Day Treatment Program is a periodic service that is a time-limited, multi-faceted approach treatment service for adults who require structure and support to achieve and sustain recovery. The following types of services are included in the Program:

- Individual counseling and support;
- Group counseling and support;
- Family counseling, training and support;
- Biochemical assays to identify recent drug use (e.g., urine drug screens);
- Strategies for relapse prevention to include community and social support systems in treatment;
- Life skills;
- Crisis contingency planning;
- Disease management; and
- Treatment support activities that have been adapted or specifically designed for persons with physical disabilities, or persons with co-occurring disorders of mental illness and substance use or dependence, or mental retardation or developmental disabilities and substance use or dependence.

## 2015-2016 Day Treatment Core Program Description

### **SERVICE MODALITIES**

Services are provided directly to consumers using an Integrated Dual Disorder Treatment (IDDT) model, peer support, group counseling, recreational therapy, psycho-educational lectures and 12-step Facilitation Model. It is a planned program of professionally directed evaluation, care and treatment aimed at restoration of functioning for persons with substance use or substance use/psychiatric disorders. Services offered are directly provided to consumers.

### **GOALS**

The program strives to improve the lives of the individuals and families being served by increasing abstinence and improved health and psychosocial functioning, reduction in public health and safety concerns, and reduction in relapse risk. The program seeks to improve consumer safety through education about diagnoses, medications, and high risk behaviors. The program facilitates an assessment with the client determine the next appropriate level of care and refer appropriately.

### **POPULATION SERVED:**

The program serves the following populations who are in jail:

- Adult Substance Use Consumers; or
- Adult Substance Use Consumers with co-occurring Mental Illness.

### **SPECIAL POPULATIONS**

Jail Program

- Within the above-mentioned populations, priority is given to individuals who are pregnant intravenous (IV) drug users, pregnant substance abusers, and IV drug users.

### **PROGRAM STRUCTURE**

The program operates from 8 AM to 3 PM, a minimum of 5 days per week in:

- Mecklenburg County Jail Central and Jail North

Enrollment in the program is limited to the population of the site.

### **RESOURCES AVAILABLE / SUPERVISION**

CSS utilizes a staffing pattern to maintain the staff to consumer requirement for each population. If necessary, programs may utilize appropriately cross-trained staff to assist from other programs. Qualified personnel from a staffing agency may also be used.

Certified Clinical Supervisors and administrative supervisors are assigned to each employee, trainee, intern or student. Volunteers are not used to provide clinical services. Clinical supervisors employ a variety of methods to ensure quality service is being provided to consumers and their families and that staff continually improve their skills.

Formal training is available to staff. Day Treatment staff and supervisors agree on an individual training plan for the employee at least annually as part of supervision.

<b>2015-2016 Day Treatment Core Program Description</b>
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Other available resources include physical office space for meeting with individuals and families; use of county vehicles; computers and phones.

### **REFERRAL SOURCES**

Primary local referral sources for the Jail Program include:

- Attorneys, Mecklenburg County Sheriff's Office, self-referral through Jail Central Adult Programs POD Kiosks, Vocational Rehabilitation, CSS Shelter Programs, Anuvia Detox and Residential Services, and inmate family members.
- Inmates diagnosed with HIV/AIDS are provided with a Jail case manager, and our programs make referrals for appropriate assistance as needed.

### **PAYOR SOURCES**

Revenue for the jail program is 100% funded by Mecklenburg County.

### **FEES**

No fee is charged for services provided in the jail programs.